



Specialized Recreation “CHOICES” Spring Session 1 -2015

ACCESS BUS RIDERS:

Please Schedule arrival to the Rec Center **no earlier than 9:45am** And Pick up **no later than 2:00pm**.

If you arrive before our staff at 9:30am you will be left at the Rec center alone or taken back home. Your cooperation is appreciated. A **late fee will be applied for participants who are picked up late.**

DID YOU REMEMBER TO:

- Bring your lunch every day (including drink, utensils, napkin)
- Write your name on your lunch bag and/or water bottle
- Appropriately dress for the current weather conditions
- Limit the need of a microwave for lunch. (Microwave not available on field trips)
- Be sure to **ONLY BRING WHAT YOU NEED!** Please leave unneeded items at home.

Contact Numbers:

Choices Cell (206) 396-3105
 Rec Center (206) 801-2680
 Carmen Murrell (206) 801-2367
 Courtney Brown (206) 801-2635

April

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

30 10:00 Walk & Roll Trip to Kenmore Lanes 10:30– Soccer 11:30– Lunch 12:30– Sign Language	31 10:00 Walk & Roll Trip to Seattle Aquarium 10:30– Bean Bag Baseball 11:30– Lunch 12:30– Pictionary/Charades	1 10:00 Walk & Roll Trip to Movie @ Spartan 10:30– Hockey 11:30– Lunch 12:30– Egg Shapes	2 10:00 Walk & Roll Trip to MOHAI 10:30– Hot Potato/Silent Ball 11:30– Lunch 12:30– Bingo
6 10:00 Walk & Roll Trip to Ride the Ferry 10:45– Creative Movement with Corina 11:30– Lunch 12:30– Karaoke	7 10:00 Walk & Roll Trip to Fred Meyer 10:30– Bocce Ball 11:30– Lunch 12:30– Movie	8 10:00 Walk & Roll Trip to Mountlake Terrace Pool 10:30– Science Experiments 11:30– Lunch 12:30– Games/Cooking	9 10:00 Walk & Roll Trip to Seattle Drum School 10:30– Dancing with Dave 11:30– Lunch 12:30– Games/Cooking
13 10:00 Walk & Roll Trip to IMAX 10:30– Balloon Volleyball 11:30– Lunch 12:30– Singing with Linda	14 10:00 Walk & Roll Trip to Third Place Books 10:30– Fork Dandelions 11:30– Lunch 12:30– Gym Bowling	15 10:00 Walk & Roll Trip to KEXP Radio Station 10:30– Tball/Kickball 11:30– Lunch 12:30– Name that Animal	16 10:00 Walk & Roll Trip to Kenmore Lanes 10:30– Human Tic-Tac Toe 11:30– Lunch 12:30– Sign Language Contest
20 10:00 Walk & Roll Trip to Crossroads Mall 10:30– Frisbee Golf 11:30– Lunch 12:30– Disney Trivia	21 10:00 Walk & Roll Trip to Card Kingdom 10:30– Exercise Bingo 11:30– Lunch 12:30– Free Write/Draw	22 10:00 Walk & Roll Trip to Archie McPhees 10:45– Creative Movement with Corina 11:30– Lunch 12:30– Earth Day Project	23 10:00 Walk & Roll Trip to The Ugly Duckling– A Studio East Play 10:30– Fuse Beads 11:30– Lunch 12:30– Pool/Fuse Ball/Hoops

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27 10:00 Walk & Roll Trip to Movie @ Spartan 10:30– Penalty Kick Contest 11:30– Lunch 12:30– Karaoke	28 10:00 Walk & Roll Trip to Seattle Aquarium 10:30– Fit Circle 11:30– Lunch 12:30– Edible Science	29 10:00 Walk & Roll Trip to Elliot Bay Books 10:30– Homemade Paper 11:30– Lunch 12:30– T-ball/Kickball	30 10:00 Walk & Roll Trip to Lynnwood Pool 10:30– Soccer 11:30– Lunch 12:30– Chalk Art
4 10:00 Walk & Roll Pioneer Square Adventure Day! 10:30– Seated Exercise 11:30– Lunch 12:30– Guess Who?? *Bring in a baby photo today and we will play a game guessing who is who!	5 10:00 Walk & Roll Trip to Bellevue Botanical Gardens 10:30– Playground Games 11:30– Lunch 12:30– Fun with Straws	6 10:00 Walk & Roll Trip to Kenmore Lanes 10:30– Scavenger Hunt Bingo 11:30– Lunch 12:30– Singing with Linda	7 10:00 Walk & Roll Trip to Walk around Paramount Park 10:45– Creative Movement with Corina 11:30– Lunch 12:30– Movie *Bring your walking shoes in order to go on the field trip!

If the Shoreline School District is closed, we are also.

If they start late due to weather, we will still start at our regular time.

Field Trip Information:

Parents/Caregivers/Participants–
 Please remember that the participants may not go on all of the field trips. There are a lot of participants in our programs and we have to make sure that everyone has a fair chance at going on the trips. Thank you for remembering that we are doing our best to accommodate everyone.

Spring 2

5/15/15-6/25/15

*No Program on 5/25/15

Summer

7/6/15-8/20/15

Fall 1

9/8/15-10/15/15